CLAIMS

- 1. A personal communication system comprising the following components:
 - a wrist unit for wearing on a user's wrist;
- 5 a microphone that is located on a portion of the user's hand; and

an ear piece that is located on another portion of the user's hand, wherein said wrist unit, microphone, and ear piece are in a relationship where there is communication with at least one of the other components of the system during use of the system.

- 10 2. The personal communication system of Claim 1 wherein the microphone is located on one of the user's fingers including the user's thumb, and the ear piece is located on another one of the user's fingers including the user's thumb.
 - 3. The personal communication system of Claim 2 wherein the microphone is located on the user's pinkie finger and the ear piece is located on the user's thumb.
- 15 4. The personal communication system of Claim 2 wherein the microphone is located on the user's thumb and the ear piece is located on the user's index finger.
 - 5. The personal communication system of Claim 1 wherein at least some of said components are in communication via wires.
- 6. The personal communication system of Claim 1 wherein at least some of said components are in wireless communication.
 - 7. The personal communication system of Claim 5 wherein at least some of the wires are retractable.
 - 8. The personal communication system of Claim 1 wherein said wrist unit comprises a holder for at least one of said microphone and ear piece.
- 25 9. The personal communication system of Claim 8 wherein said holder is selected from the group consisting of a recess or a clip.

10. A personal communication system comprising:

a body portion, and at least one of the following components:

a microphone that is located on or within a first structure wherein at least a portion of said first structure at least partially resides inside the body of the personal communication system when the first structure is not deployed; and

a receiver that is located on or within a second structure wherein at least a portion of said second structure at least partially resides inside the body of the personal communication system when the second structure is not deployed,

wherein said body portion, microphone, and receiver are in a relationship where there is communication with at least one of the other components of the system during use of the system.

- The personal communication system of Claim 10 wherein: (a) said microphone is located on or within a structure wherein at least a portion of said structure at least partially resides inside the body of the personal communication system when the personal communication system is not in use, and (b) said receiver comprises an ear bud.
- The personal communication system of Claim 10 wherein at least a portion of at least one of said structures fits into a recess in the body of communication system.
 - 13. The personal communication system of Claim 10 wherein at least one of said structures is a telescoping member.
 - 14. The personal communication system of Claim 10 wherein at least one of said first and second structures is spring-loaded.
- 25 15. The personal communication system of Claim 14 wherein said spring-loaded structure is configured so that it is deployed when another function of the communication device activated.

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